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The structural wooden joist described comprises a lower chord, an upper chord spaced from the lower chord and a laminated panel structure joining the chords. This panel structure defines an uninterrupted surface from one end of the joist to an opposite end thereof and has opposite upper and lower edges joined to the lower and upper chords respectively. The laminated panel structure is formed of a series of elongated planks adhesively secured edgewise to one another and extending vertically between the lower and upper chords.